



South Salem Seniors Inc.  
Newsletter



**Semi-Annual Rummage Sale October 4 & 5 9 am - 4 pm**

Hello Dear Members and Friends,

Well, the election is over (no, not that other election). It was a real nail-biter. Note to future candidates: it's much easier to win when you're unopposed. I'm sure I speak for all the newly elected officers and board members when I say we are committed to continuing the fun and friendly operation of the Center.

It was about 2 and ½ years ago that I joined the Center, although I think that I and my partner Pati had stopped by before actually joining to check out the deals in Nifty-Thrifty, the Gift Shop and our wonderful library. If you haven't been by for a while, I'd encourage you to stop by and check out the bargains. There's always something new. Word-of-mouth advertising is always the best, so pass the word about the deals you can find here.

Just a word about our past officers and board members as well as our wonderful volunteers, Thank You! This is a large building and maintaining it and the grounds is a big job. If you look over the past year a number of large repairs and maintenance issues have been addressed and taken care of, again, Thank You! I'm very fortunate to have been handed the keys to a well maintained and growing organization.

In a sense, we are still recovering from Covid. Some pre-Covid activities are still missing. We have recently been able to revive our Travel Office (thank you volunteers) but, there are still other activities we could bring back. Since we are a completely volunteer organization, defining and running future additions is up to you, our members.

Enjoy your Labor Day! Yours truly Gary Metts

### Travel News!

Greetings fellow travelers. We have our 2nd trip completed and thus far input has been great. Sorry about the failed Tillamook trip, but new guidelines we are implementing should prevent this from happening in the future. We have learned that we need more time to plan the trips and to make reservations.

From here out we will pre-plan trips beginning 90 days from event. All required funds will need be paid 30 days prior to trip date. This will help us ensure we fill one or two vans. With that said. Next three trips are as follows:

November 6.....Willamette Pie, Oregon Garden and Mt. Angel

December 3.....Thompson Flour Mill

February 14.....Spend Valentines' Day at Tillamook (priority to members who pre-paid for the cancelled trip during July 2024)

Many thanks to dedicated volunteers who are manning this office Monday-Friday.

Lastly, thank all of you who provided prayers and encouragement during my recent health crisis. All things are looking good and I am scheduled for a heart ablation on September 23rd, at which time my heart will be restored to the rate it needs to be at.

Gary Mattson

### New Health and Wellness Class Available

Center member Adele Moore, a registered nurse (RN) and holistic health coach has generously offered to present a program specifically designed to support overall general health and wellbeing. Over a period of six weeks, a 90 minute session will cover an individual topic. Included are: **Health and Body Awareness, Improving Sleep, Nutrition, Movement, Managing Negative Emotions and Moving Forward.**

Each session begins with a brief group “check-in” to encourage interaction and discussion. Class size is limited to 8 persons. See the sign up sheet in the Lobby.



### Welcome to our Drop In Studio

**Drop-In Studio** is the new name of the Thursday afternoon Painting Class. It better describes the diversity of those participating. Not only are there folks working in watercolor and acrylics but others who use rocks as their “canvass” to create a variety of charming whimsical creations; bumble bees, lady bugs and frogs to describe but a few. Several other studio members use a toll painting approach in decorating bird houses and other wooden items of various size, some of the items to be enjoyed as small works of art while larger bird houses are placed outside. Hopefully the birds appreciate the skillful work!

### The Crafters’ News

Our Crafters’ Group has many talented people. One of these is Audrey Sherman. She has been attending ever since she was eligible. If you have attended any of the Crafters’ Shows, you’ve probably seen her creations: wall hangings, quilts of all sizes, napkins, baby blankets, bibs, towels, placemats, etc. Audrey has been quilting for 50 years and always has one in the making, finishing, or planning stages.

The pictures show a finished wall hanging and a butterfly quilt in the making.

Along with being a crafter, Audrey is a wife, mother, grandmother, and great-grandmother. She also plays pool volleyball several times each week and the card game mahjong.

Our crafters group meets on Mondays from Noon to three. We have yarn, hooks, needles, books, instruction and friendship. This group is for men and women.

If Monday is a holiday, we meet on Wednesday of the same week.

Come join us!!!



Arlene Williams

### Current Weekly Activities

Mon	Needle Crafts	12:00 pm - 3:00 pm	Card Rm
"	Energize with Linnea	10:00 am - 11:00 am	Bingo Rm
"	Mahjong	12:00 pm - 3:00 pm	Card Rm
Tue	Bridge	11:00 am - 3:00 pm	Card Rm
"	Cribbage	1:00 pm - 3:00 pm	Dining Rm
"	Yoga Our Home	10:00 am - 11:00 am	Bing Rm
"	China Painting/Arts	10:00 am - 2:00 pm	Craft Rm
"	Garden Club	1:00 pm - 3:00 pm	3rd Tuesday Mtg Rm
Wed	Life Story/Writers' Group	10:00 am - 12:00 pm	Card Rm
"	Rummikub	12:30 pm - 2:30 pm	Card Rm
"	Chess	10:00 am - 12:00 pm	Dinning Rm
"	Chair Exercise	1:00 pm - 2:00 pm	Bingo Rm
Thu	Hand & Foot Card Game	10:00 am - 3:00 pm	Card Rm
"	Single Deck Pinochle	10:30 am - 1:00 pm	Card Rm
"	Scrabble	11:00 am - 3:00 pm	Card Rm
"	Tai Chi/Yoga	10:00 am - 11:00 am	Bingo Rm
"	Painting class	1:00 pm - 2:30 pm	Craft Rm
Fri	Mexican Train	10:00 am - 3:00 pm	Card Rm
"	Double Deck Pinochle	12:00 pm - 3:00 pm	Card Rm
"	Quilting Group	11:00 am - 3:00 pm	Craft Rm
"	Mahjong	12:30 pm - 3:00 pm	Card Rm
Mon-Fri	Pool playing	10:00 am - 2:00 pm	Pool Library

### Aging Smart

Hello, it's Linnea your Energize leader on Monday mornings. In addition to energizing seniors, I am also a licensed certified professional Medicare Broker and am passionate about advocating for you and your benefits. Open Enrollment begins October 15<sup>th</sup> through December 7<sup>th</sup> of 2024. This is a crucial time for you to add, drop, and change your Medicare benefits for 2025. This year I anticipate many changes happening and would love to offer my expertise to help you.

Please stop by on Mondays before 10 am or right after 11 am, with any of your Medicare questions. I would love to personalize your options and address any questions or concerns you may have.

I also hold Medicare informational meetings and enrollment meetings once a month, here at our lovely Senior Center. You'll find the times and dates located in the calendar of events, included in this newsletter.

Through my travels as a Medicare Broker and consumer advocate, I am connected with lots of resources that can help. Please take advantage of my experience and knowledge and let's connect.

Love,



Linnea

### Hello from Nifty Thrifty!

Here we are, over the half-year mark and so far it has been a great one for the "Nifty Thrifty" thanks to all our wonderful customers.

We started something new for us in July, with a once a month, a week-long 50% off everything in both rooms of our store.

The weeks will vary with each month, so when you see the signs go up, spread the word and enjoy the extra savings. It will help us move inventory and enable us to put out more merchandise – win, win for everyone!

Alta & staff

### MEDICARE INFORMATION & ENROLLMENT MEETING / WALK-IN

**NW MEDICARE ADVISORS with Linnea**  
**MONDAY September 9**  
**11:30 AM – 12:30 PM**

**Marion-Polk Food Share Lunch**  
**Pick-up time is**  
**9:30 am - 10:15 am**

Lunches are available in our kitchen accessible thru the Dining Room.

SSS is not a Meals on Wheels distribution center. Call 503-364-2856 for home delivery

### New Members - August 2024

Thank you for supporting  
South Salem Seniors, Inc!

**Beverly Parry**  
**Stephanie Hammond**  
**Lynn Albright**  
**Sheila Bartos**  
**Magel Walo**  
**Geraldine Morris**  
**Doreen Gunther**

**Bev Noble**  
**Sandy White**  
**Kathleen Kent**  
**James Gaddis**  
**Tracy LoBue**  
**Adele Moore**

### August Birthdays Celebration



**Janice Cannon**

**Happy Birthday!**



### Friday Quilters

People have come and gone from Friday Quilters. As it stands we are strong with seven quilters. Our area is small. We are making beautiful quilts for Hospice. Learning so much as we go. We thank everyone for their donations and labor of love. We have a new lady to our group who is making Adult Clothing Protectors (Bibs). We are having such a grand time together each week. This week we decided to go to lunch together. Such a great time. The week of 9/24 we selected Mina's Thai, great food good time. Looking forward to next week. Hope more will join us.

Mary Adams

### Correction

In the August newsletter article titled **Creative Painting Class** (page two) the basket component of the two-piece project was described as wall hanging. Not true! The basket will sit atop any flat surface as was pictured in the article. A sample remains displayed on the Lobby table along with the class signup sheet. Our sincere apologies.

### Writers Group

#### Tower Quilt

By Gina Reinhardt

The first piece of the quilt was stitched 1-1-99.  
Since then, I've cut, pieced and sewn whenever I'd time.  
At first, I had visions of blocks towering high.  
Each intricate with piecing or quilting design.  
The blocks were to be stacked in multiple towers, varying in height, dimension and pattern.  
The direction of light source, the blending of shades, to create an image complex and completely handmade.  
Certain blocks remind me of loved ones or events which occurred at the time.  
Those memories have each been embroidered a place on the block I was working on, along with their dates.

It wasn't until that most tragic day...  
Coincidentally the reversal of this quilt's birthday.  
On September eleventh, two thousand and one  
That I realized the meaning of this quilt was done.  
Each block represents Americans unique, diverse and free.  
A mosaic of background blended to be  
Creative, industrious, defiant and strong. We crumpled a little, but we weren't down for long.  
We searched for our loved ones, then cleared up the mess.  
To prove we wouldn't give in to the stress.  
A few towers fell but we showed the world,  
Our fabric was strong when our flag was unfurled.

\*\*\*\*\*

Come join our group at 10:00 AM on Wednesdays.  
You can share your own stories or just listen.

### Garden News

Sorry to be later than planned. 'Fun' things happening here, like accidentally cutting the irrigation system pipe and such. Anyway, here goes:

Hi all! It's time to start thinking about Fall garden chores and finalizing plans for the October Rummage/Plants/Book sale, so come prepared to the September 17 meeting in the SSSC meeting room at 1:00 as usual. We may also finally get to see a presentation on hummingbirds.  
P.S. Two ladies from the MacLeay area, Sally and Esther, ("The Moms") came to our February meeting. We lost their contact information, so if you see this message, or know them, please have them contact Rose at 503-581-4632, or Sandy at 503-851-8250.

Sandy

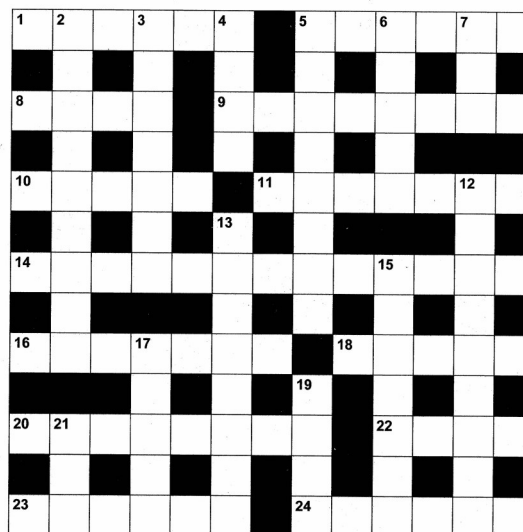
### JEWELRY MAKING CLASS

Would you like to be able to make jewelry to match a new outfit? Maybe you'd like to make unique gifts for friends or relatives? Basic jewelry making techniques will be taught in this class. We have a small supply of tools and materials to get you started. If you already have jewelry making skills, you are welcome to join our friendly group as we work on different projects. The instructor is Lorna Motte. You can contact her via email at [chailorna@yahoo.com](mailto:chailorna@yahoo.com). Class will be from 10:00 to 12:00 on Monday mornings, starting September 2<sup>nd</sup>.



### Calling All Scrabble and Single Deck Pinochle Players

There has been some member interest indicated in reinstating and or expanding participation in these two games. Scrabble is being played Thursday mornings by a small group and other Center members have indicated there is likely enough interest in forming a single deck group if a mutually agreeable date and time can be identified. Look for sign up lists on the Lobby table.



**Across**

- 1 - Fairness (6)
- 5 - Burrowing marsupial (6)
- 8 - Helps (4)
- 9 - Repaired (8)
- 10 - Motionless (5)
- 11 - Merit (7)
- 14 - Capable of being understood (13)
- 16 - Fashion anew (7)
- 18 - Group together (5)
- 20 - Greek meat casserole (8)
- 22 - Incline (4)
- 23 - Biochemical catalyst (6)
- 24 - Displays (6)

**Down**

- 2 - Fivefold (9)
- 3 - Narrowly restricted in scope (7)
- 4 - Three feet length (4)
- 5 - Genre of movies (8)
- 6 - Deer (5)
- 7 - Affirmative vote (3)
- 12 - Done by free choice (9)
- 13 - Fellow crew member (8)
- 15 - Used by asthma sufferers (7)
- 17 - Hurried (5)
- 19 - A laugh (2,2)
- 21 - Possess (3)

### Vintage 1920's NORITAKE FINE CHINA DINNERWARE

- 12 Large Plates
- 12 Medium Plates
- 12 Small Plates

- 12 Large Bowls
- 12 Small Bowls

- 11 Cups
- 7 Saucers
- 1 Creamer
- 1 Covered Sugar Bowl
- 1 Gravy Boat w/ Attached Plate

- 2 Covered Round Serving Bowls
- 1 Oval Serving Bowl
- 1 Large Serving Platter
- 1 Medium Serving Platter

86 pieces—No chips—Excellent condition

Valued at \$\$\$ - Sell for \$300 O.B.O.

Inquire in the Gift Shop.



**Board Meeting  
September 11 @ 10:30 am**

**South Salem Seniors, Inc.**  
**Mail : PO Box 3094 Salem OR 97302**  
**6450 Fairway Avenue SE**  
**Salem, OR 97306**  
**503-588-0748**  
**www/southsalemseniors.org**

<b>Editor</b>	Arturo Guillen
<b>Advertising</b>	Renata Pilotto
<b>Staff Assist.</b>	Kate Bayne

President's Email: [sssoffice@comcast.net](mailto:sssoffice@comcast.net)  
 Treasurer's Email: [sssoffice@comcast.net](mailto:sssoffice@comcast.net)

President:	Gary Metts	Director 1 YR	Dolly Allen
Vice President:	Jessie Martin	Director 1 YR	July Amen
Treasurer:	Karen Sloan	Director 2 YR	Irene Johnson
Secretary:	Kate Bayne	Director 2 YR	Yvonne Corzilius
Office Manager	Michelle McMichael		

# Community Connections

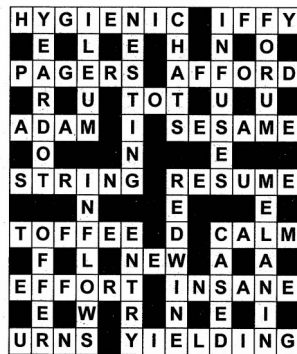
## Mike Giertych

Pressure washing: Decks,  
Driveways, Houses etc.

Gutter Cleaning.

**(503) 315-8953**  
**mikegiertych@aol.com**

Solution for August 2024



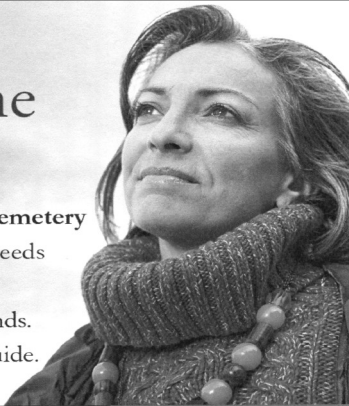
## Virgil T. Golden Funeral Service

605 Commercial St. SE  
Salem, Oregon 97301  
503-364-2257  
www.vtgolden.com

*Your answer in time of need  
for a life remembered,  
celebrated and cherished.*

*When you  
need someone  
to turn to*

City View Funeral Home & Cemetery  
is committed to fulfilling your needs  
regardless of religious beliefs,  
ethnicities or cultural backgrounds.  
Call today for a free planning guide.



# City View

Funeral Home & Cemetery  
*Mausoleum & Crematorium*

390 Hoyt St. S. • Salem, OR 97302  
cityviewfh.com • info@cityviewfh.com

*Family Owned  
and Operated  
Since 1893*

**503-363-8652**

*Overlooking  
Historic Pioneer  
Cemetery*

If you are reading YOUR newsletter online,  
underlined text will be a LINK to webpages!

Click to visit the site.

Keep updated on the latest news by visiting our

Webpage

<https://www.southsalemseiors.org/>

**David L. Carlson, Lawyer**  
**503-365-0373**

**Wills & Trusts/Probates**  
**Estate Planning/Elder Financial Abuse**  
**Conservatorships/Guardianships**

**Senior Center members will receive a  
25% Discount on all estate planning**




**Moser Roofing**  
**Licensed Bonded Insured**  
**CCB # 55274**

**Don Moser**

**503-378-1107 Office**      **503-378-0229 Fax**  
**www.moserroof.com**      **info@moserroof.com**

# Community Connections



**PremiumNW**  
landscape


LCB - 9119

**Lawn And Yard Maintenance**

Salem, Oregon  
(503)930-9922  
[www.premiumNW.com](http://www.premiumNW.com)

General Clean-up	Apartment Complex/Commercial Buiding
Debris Clean-up	Landscape Maintenance
Repair irrigation	Retaining Walls
Pressure Washing, Bark & Gravel Placements	
Monthly Maintenance	Fencing

*Must present coupon at time of estimate.*



Seniors Receive!

**20% OFF**

Call for details with this coupon.


**Bark Dust Special**



Join us for Lunch and a Tour!

503.362.9141 SolistabyCogir.com  
707 Madrona Ave. SE Salem, OR. 97302



**MELISSA BEEKS**

971-600-5949

[WWW.AGOLDENHANDHOMECARE.COM](http://WWW.AGOLDENHANDHOMECARE.COM)

[admin@agoldenhandhome.com](mailto:admin@agoldenhandhome.com)

BONDED • INSURED • LICENSED

♥ Companion Care	♥ Alzheimer & Dementia support
♥ Personal Care	♥ Respite/Emergency Care
♥ Wellness Check Ins	♥ Hourly/24 Hours On-Call
♥ House Keeping & Daily Living Assist	♥ RN On-Call 24/7
♥ Transportation 	♥ Chronic End of Life Care
♥ Meal Preparation & Medication Management	

HOLIDAY RETIREMENT | **Hidden Lakes**  
Independent Retirement Living



Hidden Lakes has received a "Best of Senior Living Award" for the 3<sup>rd</sup> year in a row.

Join us for lunch, a special event, or for a great cup of coffee.

CALL (971) 283-5345 to reserve a time.

**South Salem Seniors Newsletter  
Monthly Publication**

Articles and editorials printed in the SSS Newsletter reflect individual opinions and are not necessarily the Center's opinion.

*Advertisements in the SSS Newsletter do not necessarily carry the endorsement or guarantee of this organization.*

Would you like to write an article for the newsletter? Have something to share? Drop your article off at the front office or email it to [arturojg@comcast.net](mailto:arturojg@comcast.net) Deadline for submissions is **September 13** for the **October 2024** newsletter.



South Salem Seniors, Inc.  
PO Box 3094  
Salem OR 97302

Non-Profit  
U S Postage  
PAID  
Salem Oregon  
Permit No 41



You can receive your newsletter by mail, email or reading on the website: Call **503-588-0748**

If your membership expiration date is highlighted in yellow, please renew to support SSS Center. Please advise the Business Office for any changes in address or status. Thank You.

## Looking to downsize?

We're here for you every step of the way!



**Jeff Harrison**  
971.277.0647

Jeff@HarrisonStoneRE.com  
License #201238952  
Broker Licensed in Oregon

We're a brother/sister real estate team who treat our clients like family!

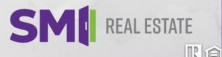
Check out our website below for a complimentary home valuation.



**Melissa Stone**  
503.508.7278

Melissa@HarrisonStoneRE.com  
License #201238867  
Broker Licensed in Oregon

[www.HarrisonStoneRE.com](http://www.HarrisonStoneRE.com)



### 2024 AARP Driver Safety Classes at South Salem Seniors, Inc.

Call **503-588-0748** between 9 am and 3:30 pm to make reservation.

Sep 10 & 11	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Oct 8 & 9	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Nov 12 & 13	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm
Dec 10 & 11	Tuesday & Wednesday	Starts at 9:15 am - 1:00 pm

**South Salem Seniors Business Hours**  
Monday – Friday 9:00 am to 3:30 pm

**Nifty Thrifty and Gift Shop Hours**  
Monday – Friday 10:00 am to 2:00 pm